

# Massage Therapy!

## 10 Benefits of Massage Therapy

1. Pain Relief
2. Stress Relief
3. Increase Circulation
4. Boosts Immunity
5. Improves Posture and Flexibility
6. Lowers Blood Pressure
7. Relaxes Muscles and Mind
8. Rehabilitates Injuries
9. Flushes Body Toxins
10. YOU DESERVE IT!



To book a massage please call  
520-316-4611 or email  
[massage.therapist@maricopa-az.gov](mailto:massage.therapist@maricopa-az.gov)

## Massage Packages

<i>Total Number Of Sessions</i>	<i>Total Cost Of Package</i>	<i>Price Per Session</i>
1	\$47.00	\$47.00
3	\$117.00	\$39.00

\*All massage sessions are 60 minutes long  
\*Program Packages can be purchased at the Copper Sky Service Desk  
\*Prices listed are for Residents only and Non-Residents add \$10 to \$47 and \$20 to \$117

\*Prices Do Not include Copper Sky Membership  
\*NOT required to be a Copper Sky Member to participate in Massage Sessions.